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SUPPORT AND SALES hereby certify that annexed is a true copy of the
Provisional specification in connection with Application No. 2002950995 for a
patent by MR. GILES WILSON as filed on 26 August 2002.



WITNESS my hand this
Third day of September 2003

S. Dragosavljevic

SMILJA DRAGOSAVLJEVIC
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AUSTRALIA

Patents Act 1990

COMPLETE SPECIFICATION

Provisional Patent

BREAST STROKE TRAINING FIN

Giles Wilson, August - 2002



BREAST STROKE TRAINING FIN

This provisional patent describes a breast-stroke training fin. The invention has been specifically designed to increase the effective surface area of the athlete's foot during the power phase of the kick stroke. This then increases the resistance load on the muscles utilized, thus training the athlete harder than without fins. This invention also details the mechanism by which the surface area increase is removed during the return phase of the kick stroke, enabling the athlete to retain their normal kick style.

By this invention, the breast stroke athlete can propel themselves through the water at race speed for longer periods. This is important to train the race speed techniques including arm stroke of the athlete.



ABSTRACT

The disclosed Breast Stroke Training Fin is comprised of -

- a foot pocket that wraps the athlete's foot in such a way that it retains a stable position on the foot.
- an engagement flap that protrudes out and down from the lateral side of the foot pocket.
- a mechanism which enables the engagement flap to collapse in and under the foot pocket on the return phase of the kick stroke.
- the mechanism also creates the engagement flap to form a solid surface that protrudes directly out from the lateral side of the foot pocket on the power phase of the kick stroke.
- the mechanism could take the form of webs that extend out from the lateral side of the foot pocket, on top of and receding into the extremities of the engagement flap.
- these webs would be cut at intervals to promote the above described movement.
- all of the above described components represent features of a single molded item.
- the athlete uses two identical, mirrored fins. One for each foot.
- to the best of my knowledge the fin should be injection molded of a natural rubber or elastic-synthetic compound.

The invention will be better understood with reference to the illustrations of embodiments of the invention in which;

Fig.1 is a perspective from the front and lateral side of the breast stroke fin. Here is a list of the noted features in this illustration of the Breast Stroke Fin:

- item 1. the described foot pocket
- item 2. the described engagement flap
- item 2a. the upper surface of the engagement flap
- item 2b. the described webs
- item 2c. the described web cuts

Fig.2 is a front view of the breast stroke fin in the orientation it assumes in the power phase of the breast stroke kick.

Fig.3 is a front view of the breast stroke fin in the orientation it is moulded in. Note that the web cuts are slightly open to allow the moulding tool to form them.

Fig.4 is a front view of the breast stroke fin in the orientation it assumes in the return phase of the breast stroke kick.

Fig.5 is a top view of the breast stroke fin, in the orientation it is moulded in.

Note: Figures 1. , 3. and 5. are different views of the same orientation.



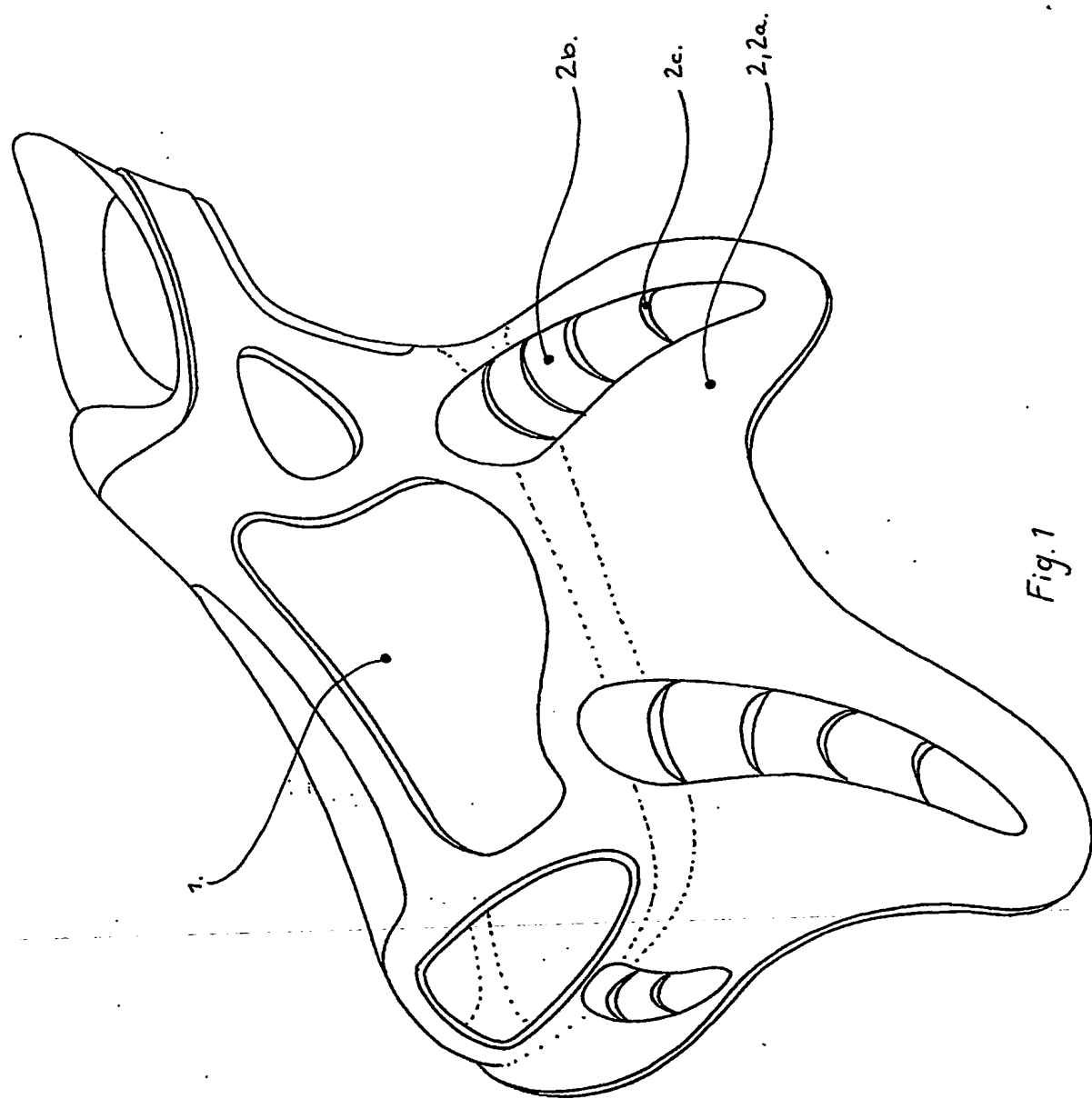


Fig. 1

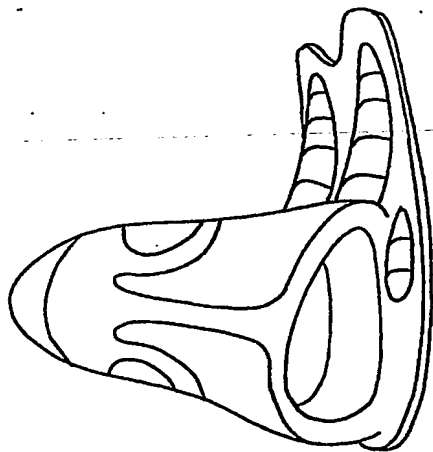


Fig. 2

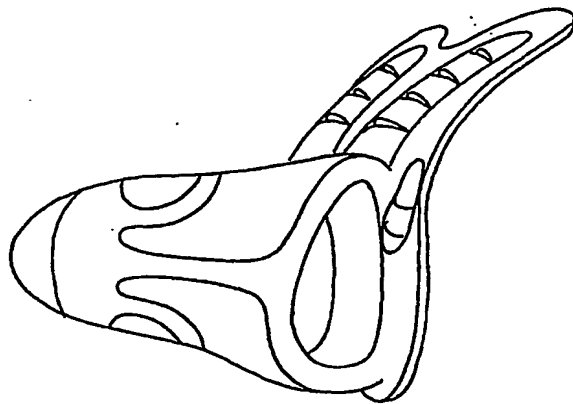


Fig. 3

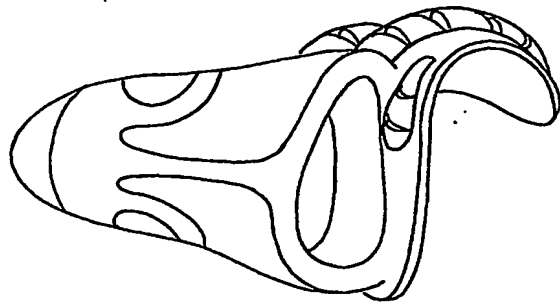


Fig. 4

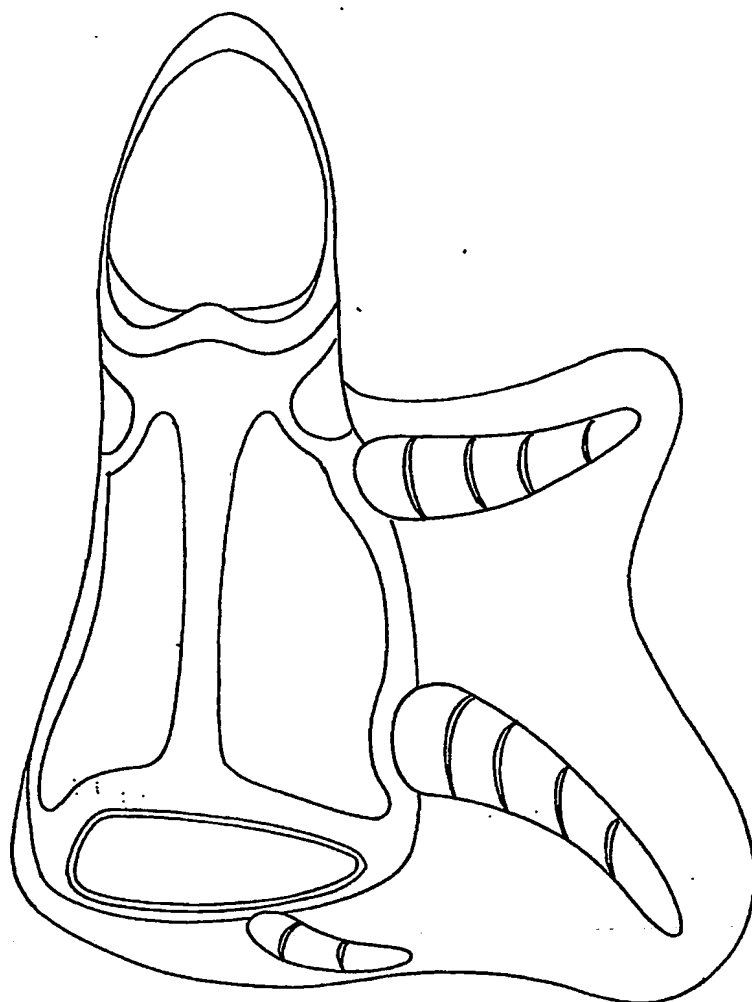


Fig. 5

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